

**CCHC LESSON PLAN FOR  
CHILDREN'S HEALTH PROMOTION**

Presentation Title: Get Movin' and Unplug with 12345 Fit-Tastic!

Submitted by (LPHA name or DHSS): Pike County Health Department

Date submitted: 06/22/2018

Learning Objective(s):

Children will learn the objectives of 12345 Fit-Tastic:

1-Hour or more of Physical Activity each day

And

2-Hours Maximum of Screen Time, all day long.

The children will be able to give me examples of what they can do to increase their activity instead of watching TV or being on the computer or cell phones.

They will also know, that by doing these two things they can become healthier.

Presentation Outline (not to exceed 30 minutes):

Introduction: Introduce myself and the 12345 Fit-Tastic program. (5 min)

Instruction: Show the children the first message to move more than 1 Hour each day with physical activity. Ask the children what activities they like to do. Ask them if they plan to do any activities today or this evening.

Show the children the second message to decrease screen time to 2 hours or less. Ask the children how much they are in front of the screen now. Teach them how activity is much more fun than just watching a screen. Ask them what they plan to do the rest of today and if there are other ways they can get moving instead of being in front of a screen.

Assist them with the knowledge that moving more and sitting less will make them strong and healthy. (20 min)

Handout coloring pages that demonstrate being active and not sitting around in front of a screen. Ask them again how they are going to stay healthy. Say Goodbye. (5 min.)

Resources used (story books, video, props):

NOTE: VIDEO PORTION MUST NOT EXCEED MORE THAN HALF OF TOTAL TIME OF PRESENTATION

All resources for this learning will come from:

<https://fittastic.org/>

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.